How To Overcome Suffering

How To Overcome Suffering – Pain - Adversity

By

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Table of Contents

Chapter 1 - Why We Will Go Through Suffering.....3
Chapter 2 – Suffering is Inevitable.....7
Chapter 3 - How to Overcome Suffering.....9
Chapter 4 - How to Develop a Spiritual Practice.....25
Chapter 5 - Spiritual Truth – Spirituality – Faith.....38
Chapter 6 - The Ending of Suffering.....41
Chapter 7 - Spiritual Change - Spiritual Freedom – Spiritual Liberation....43
Chapter 8 – Thank You.....45

Chapter 1 - Why We Will Go Through Suffering

This book is a very spiritual book about how to overcome suffering. I wanted to write this book to really explain something very important about Humanity & Suffering. This Book is about understanding how to overcome suffering within your life because it is very important to understand that Suffering is Inevitable and as human beings, we will go through suffering within our lives because we are all on a spiritual journey.

Right now, within the world & society, there is serious suffering within Humanity which is destroying people's lives and Humanity has never been able to understand why human beings are suffering so much within their lives. This is a very serious ongoing concern with life itself that needs to be resolved in a spiritual way. I want you to understand readers that Suffering is everywhere within the world & society today and this will continue to go on unless we find a way to overcome suffering. This is a very spiritual thing and must not be taken lightly at all because when you look within society and humanity millions and billions of people are going through serious whether they are conscious of the suffering or not conscious of the suffering.

Suffering is a thing that we all experience in some part of our lives which can really destroy our lives if we don’t find a way to overcome the suffering.

I want the reader to understand that overcoming suffering is spiritual first and we must take a spiritual approach to overcome suffering. Without the spiritual approach, we may never find freedom or liberation from our personal suffering.

I want you to understand reader that first of all suffering is personal for each human being because as a human being living life every day you are going through different life experiences while you’re living on earth that is why the first thing to understand before anything else is that suffering Is personal. This may sound very different from what people discuss in conversations but right now readers I want you to look at your life and see why am I suffering so much and not being able to deal with or process what I have experienced.

Suffering is personal and this is the first thing to realize in life because if you haven’t personally suffered something hard or devastating, terrible, or challenging you will not feel the PAIN of how it feels to suffer and this is not something that I want the read to not understand because this will happen in your life and Pain is Inevitable.

I am not your guru or spiritual teacher readers I just want you to understand that Suffering is part of life and whether you choose to overcome it or not is really down to every human being (Individually).

I want you to understand readers that you will go through some suffering if you want to become the person you want to be. This is spiritual truth and spiritual facts that many people will never learn or understand.

This spiritual book is a guide of spiritual education and spiritual inspiration for the few human beings who want to overcome suffering.

So now we can begin to answer these questions about Suffering

Why We Will Go Through Suffering

This is a very powerful question and takes lots of observation to find the truth answer to this question. First of all, we need to think about human beings and the daily life that we are all living at the moment. Human beings are trying to find there way through the world through Family, Friends, Relationships, Leisure, Work, Business, Career, Volunteering, etc.

Every day people are living life that they feel is best for them. One of the simple truths is we don't have a main answer to why we go through suffering but as human beings, we know that we are going to suffer.

This can become overwhelming for human beings everywhere around the world because we sometimes don't know what we are going to suffer in life and as we live our lives day to day, we go through life experiences.

I want you to understand that Suffering is part of life and there are no magical answers to resolve your ongoing suffering.

So, if we don't know what we going to suffer in life then the question is how we manage day-to-day living. **(LIFE) Daily Life**.

Now this is a very serious question because spiritual leaders & spiritual teachers think they have the answers to this but NO ONE HAS THE ANSWER BUT **YOURSELF**.

Only you can answer the question because as a Human being you would know what you have suffered in your life.

Because this becomes a very simple truth the answers are found within yourself in your Daily Living.

If your life is not the way you want it to be because you're going through suffering & pain then we have to learn this. ***WHAT ARE YOU GOING TO DO ABOUT THE SUFFERING YOU'RE GOING THROUGH?***

This becomes a very hard thing to learn because we all suffer in life.

So, what is the answer – find it within yourself – find it within your suffering.

Why We Will Go Through Suffering – You Will Need to Find it Out Yourself

There is something that can help guide you to this very important question

Choices & Decisions

I want you to understand readers that your choices & decisions make up your life experiences, every day you are making choices & decisions and this is a simple truth that is very hard to learn. Your choices & decisions make up your whole life.

So why we will go through suffering can be explained very simple

You are making choices & decisions that will make you suffer and go through pain

I don't want to get complexed about this simple truth and spiritual facts

If you want to change your life from Suffering – Pain – Adversity you would need to learn to take difference choices & decisions within your life.

How this works is that we are always thinking as human beings – then our thinking turns into our choices & decisions – our Actions are based on the choices & decisions we make – then we live our life learning something important or making massive mistakes.

THINK - CHOICE – DECISION – ACTIONS

There is an important quote that spiritual teachings talk about – You cannot change unless you change your THINKING.

If your life is not how you want it to be, then you need to change your thinking first.

This is spiritual truth which is hard to learn but very true

So, to answer the question again Why We Will Go Through Suffering – Because we are thinking about Suffering – Pain – Adversity.

Everything in your mind starts with your thinking first because in order to take action you must Think of the actions you want to do – Make the choices & decisions and then act on your thinking.

This is a very serious thing to learn but LEARNT IT NOW.

We all will go through suffering but someone people choose to overcome suffering and some people don't.

Everything Spiritual comes to Choices & Decisions.

- **Make the right choices & decisions and your life will not end up in your suffering – going through adversity & pain.**

- **Make the wrong choices & decisions and you will suffer all your life without resolving the suffering.**

I want you to understand readers it is really up to you what you want

Do you want to overcome suffering or not?

Do you want to end suffering - pain – and adversity or not

Millions & Billions of people in society & the world will always live in suffering because they have changed their thinking.

This spiritual book starts with you – Will you learn how to overcome your suffering or live your life never being able to overcome suffering?

Just remember you cannot change people and if you do suffer then you will have to overcome it.

Spiritual teachings help to find simple truth in life

We will never know why people suffer but you can make a choice & decision to overcome YOUR SUFFERING.

Chapter 2 – Suffering is Inevitable

This is a very important chapter to write about Suffering but I want the readers to understand that Suffering is inevitable.

Life is a spiritual journey when you go through life experiences and learned things along the way. Sometimes in life, we go through serious life challenges and life experiences that can make us become an Inspiration or going through severe Suffering.

It is very hard to understand that suffering is inevitable and you will go through something in life that will make you or destroy you.

What we need to understand is how we overcome the suffering we are going through in life because this can become the most important thing to learn.

If suffering is inevitable is there any way to find spiritual freedom and spiritual liberation?

This is a very important question and it takes a spiritual mind to find the answers.

Remember I am no guru or spiritual teacher this is just a guide to How to Overcome Suffering.

I will list some of the suffering we will go through as human beings

- Losing Family Members
- Losing Friends
- Losing Employment & Jobs
- Losing Careers & Business
- Losing Money
- Losing Yourself
- Losing Home
- Losing Possessions
- Losing Cars & Motorbikes
- Losing Relationship (Break Up & Divorce)
- Losing Education (College & University)
- Losing Qualification & Degree

There is a massive list that will go on and on about what we suffer but this is part of life.

Some people have lost and suffered serious things in their lives but have embraced the suffering and moved forward in their lives but some people have lost and suffer but stay in the situations & circumstances without moving forward.

Yes, Suffering is Inevitable but as Human Beings we can choose what we do about the suffering we have faced in life.

This will really be involved in Think – Choice – Decision- Action.

When you go through Suffering – Pain – Adversity within your life what it really means is Paying the Price.

Because suffering is inevitable you can choose the PAY THE PRICE NOW or PAY THE PRICE LATER.

Suffering is part of Spiritual Change.

If You have suffered, how would you know how to deal with Suffering – Pain – Adversity

I have always encouraged people to **PAY THE PRICE NOW** and Not Later because the Suffering will be an inspiration in many different ways.

Please understand readers Suffering is Inevitable but we can choose to PAY THE PRICE Now from what we have suffered and move forward in life or We PAY THE PRICE Later and always live with Suffering – Pain – Adversity.

I want to encourage you readers that suffering is painful & hurtful but there is a Spiritual Life outside the things you have suffered in your life but very rarely that people find this.

YOU WILL SUFFER TO BECOME WHAT YOU WANT TO BE

EMBRACE THE SUFFERING AND MOVE FORWARD

Suffering is the key to Spiritual Freedom & Spiritual Liberation

PAY THE PRICE NOW – NOT LATER

Suffering is Inevitable – Learn from what you suffered

Chapter 3 - How to Overcome Suffering

In this chapter, I am going to talk about 18 Ways of How to Overcome Suffering – Pain – Adversity.

18 Ways of How to Overcome Suffering – Pain – Adversity

1) Acknowledge the Situation - Understand your situation and circumstances

- Before you can resolve any life, challenge or suffering first, we must accept the situations and circumstances we are going through
- Understanding your situations & circumstances can help you find clarity in the challenges or life problems you are facing
- Learning to accept adversity, life challenges, and life problems for what it is can bring a true level of freedom and help you find some solutions to situations & circumstances.
- When we accept, we are acknowledging that we are going through a difficult time in our life this can even make us emotional, tearful, fearful, scared, or frightened or can be the start of life transformation, personal growth, and spiritual learning.
- You cannot resolve a situation or circumstances with the same mindset that got you within that situation. You have to learn to find solutions and ways to overcome the adversity & suffering you are facing.
- Acceptance is not an easy thing to accept but it can make you realize that something needs to change to get you out of the situations & circumstances.
- Sometimes the biggest power is to take back control of your life by accepting the situation and circumstances you are facing.
- Adversity & Suffering is part of life but learning to accept the things you can control and not control is true liberation.
- ***Acceptance Meaning - the action of consenting to receive or undertake something offered***
- ***Acceptance Meaning - the process or fact of being received as adequate, valid, or suitable***

- When we learn to accept the situations & circumstances, we are facing in the universe, Jesus Christ, God will come to help & support us.
- Acceptance is not a weakness but a strength of learning to accept life for the way it is and learning that you need to take action in order to change the situations & circumstances.
- Acceptance is the first step for life transformation and spiritual change
- Only once we accept are situation and circumstances then we can take action to overcome the Adversity & Suffering we experience in our lives
- You have to learn to accept the things you cannot change but learn to appreciate the things you can change
- Understanding your situations & circumstances can help you discover new ideas & help you to do critical thinking to find a solution to your problems & challenges.

2) Change Your Mindset - Think of a new perspective and find solutions to problems

- It is important to change your Mindset when you're going through Suffering – Pain - Adversity. When you change your mindset, you have a different perspective on your life experiences.
- Growth Mindset - is the belief that your abilities and intelligence can be improved through effort, learning, and persistence.
- A growth Mindset can help you through adversity and suffering because you will learn that these life experiences are something that is helping you to grow as a human being and for your greatest good.
- God & Jesus Christ would not put you through something that you could overcome so it is important to remember that changing your mindset can help you become more resilient and persistent.
- Changing your mindset is important for life transformation and spiritual growth.
- It is very important to have an open mindset to learn from all life experiences and adversity.
- Something when we go through serious adversity & life experiences can make us become depressed and have a negative mindset but it is important to understand that you will get out of the situations,

circumstances, adversity, and suffering you are going through and your past doesn't have to be your future.

- Read Books, Listening to Podcasts & Audiobooks, Watch Videos, Life Experiences, and Knowledge & Wisdom can help you change your Mindset.
- Mindset is one of the most important things in life and it is important to be faithful and have a positive mindset when it comes to adversity & life challenges.
- Changing your mindset is the way you change your life there is a quote that says – "Change Your Mindset – Change Your Thinking, Change Your Life"
- Changing your mindset starts with changing your thinking, learning, and understanding.
- It is important to believe that your life experiences, adversity, and suffering can change for the better if you remain hopeful and open-minded.
- Something, when we are going through suffering – pain – adversity, is good to learn from someone who has lots of knowledge & wisdom, for example, your Parents, Teachers, Pastors, Grandparents, or Close Friends who can give you some advice and guidance.
- Having a positive mindset is the difference between success and failure but if you stay open-minded and focus on the positive, not the negative you can change your situations & circumstances.
- It is important to learn that all Suffering – Pain - Adversity is temporary and nothing lasts forever it all passes through time. This is what we call the Growth Mindset.
- People with fixed mindsets are unable to see beyond their situations & circumstances.
- People with a Growth mindset keep persistence through the trials and tribulations until they make progress.

3) Seek Help and Support - A professional to support you on your life journey

- When you are going through suffering – pain – and adversity is very important to get the right professional help and support for what you're through

- For whatever situations or circumstances, you are facing there is something who has been there before who you can seek help and support from
- Psychologists, Counsellors, Life Coach, Speakers, Entrepreneurs, Business Owners, Doctors, Consultant, Therapists, Peer Support Workers, Recovery Support Workers, Nurses, Professionals, Pastors, Ministers, Evangelists, Employment Specialist, Buddhists, Mentor, Teachers can all help you in your situations and circumstances.
- There are no life problems, life challenges, adversity, or suffering that can now be resolved through the right help and support.
- It is important to build a relationship with the professionals that are helping you.
- It is important to be able to trust someone who is professional to help you.
- Seeking help and support is very important and must be done to get you through a very serious situation or circumstances.
- Read Self Development, Personal Development, and Spiritual Books can help you to understand what you're going through
- There are many people in the world who have similar life experiences to you – if you choose to learn from these people this can give you knowledge and wisdom.
- Understanding that seeking help and support doesn't make you weak as a person but it is a massive step forward in the right direction.
- When you're going through suffering – pain - or adversity a Teacher, Mentor, Life Coach, Pastor, Buddhist, Psychologist, or Counsellor could save you 10 – 30 years of more pain and suffering from the knowledge and wisdom you gain from professional helping and support you.
- I have always said that your greatest asset is that you can find the right help & support from professionals to help you in your life situations & circumstances.
- You can change your situations and circumstances through the right professional help and support.
- If you faithful person then Reading the Bible or Religious Scriptures can help you find healing and comfort when you are experiencing adversity & suffering.

- Jesus Christ & God want you to seek help and support for what you're going through no life problems or life challenges are too big for Jesus Christ & God to handle
- Just remember seeking help and support from professionals can transform your life in every way.
- Sometimes the best thing we can do is get help & support for our situations and circumstances.

4) *Develop A 5 Spiritual Practices (5SP) - Prayer, Meditation, Mindfulness, Walking, Journalling*

- It is important to develop a Spiritual Practice when you're going through Suffering, Pain, Adversities because this can help you to feel comfortable and spiritual healing for whatever you're going through
- Spiritual Practice is something you can do every day or whenever you feel like it because this will help you deal with any adversities & suffering.
- Spiritual Practice is something that can help you find spiritual guidance with Jehovah – Jesus Christ – Buddha and can help you to heal from mental and emotional suffering.
- It is important that your Spiritual Practice is something that can help you through the most challenging and difficult times in your life and it is important to maintain the consistency of doing your Spiritual Practices every day.
- 5 Spiritual Practice – Prayer, Meditation, Mindfulness, Walking, Journalling
- Your Spiritual Practice is the key to connecting to higher powers & spiritual authority which can help you to find closure and spiritual guidance.
- Spiritual Practice is important to you and you can learn to do something that will help you in daily life and also something that will help you develop your spirituality & faith.
- Spiritual Practice connects you with your Faith – Spirituality – Jehovah – Jesus Christ - Buddha
- Spiritual Practice will help you to find Spiritual Freedom and Spiritual Liberation from life's adversities and suffering.

- Please remember that Spiritual Practice will not resolve all your life problems but can be the source of finding true inner wisdom and clarity over life situations and circumstances.
- When you connected to Jehovah – Jesus Christ – Buddha you develop a stronger relationship with your Faith – Spirituality - Religion
- Your faith is the most important thing in life and you must focus on developing your faith through 5 Spiritual Practices
- **Spiritual Practice** Meaning - is a regular activity or ritual that helps people connect with a higher power or their inner selves, and to develop a sense of spirituality.
- Developing your Spiritual Practice will help you connect to Jesus Christ, Buddha, and God.
- **Faith Meaning** - complete trust or confidence in someone or something
- **Spirituality Meaning** - the quality of being concerned with the human spirit or soul as opposed to material or physical things
- **Religion Meaning** - the belief in and worship of a superhuman power or powers, especially a God or gods.
- Spiritual Practice should be the most important thing you do in your life because this will help you when life adversity and life problems arise in your life
- Spiritual Practice is something that is important to you and you want to make sure that you spend time developing your spiritual practice
- Truly if you make time to develop your spiritual practice you will be able to find joy, happiness, and contentment through serious life adversity and suffering
- God wants you to communicate with him through your spiritual practice that's why you should make time for it
- Remember spiritual practice will connect you to your faith and God loves human beings that express their faith through Spiritual Practice
- **Prayer Meaning -** a solemn request for help or expression of thanks addressed to God or another deity.
- A religious service, especially a regular one, at which people gather in order to pray together.
- An earnest hope or wish

- **Meditation Meaning** - the action or practice of meditating
- **Mindfulness Meaning** - maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment, through a gentle, nurturing lens.
- **Walking Meaning -** move at a regular pace by lifting and setting down each foot in turn, never having both feet off the ground at once
- **Journalling Meaning -** write in a journal or diary.

5) *Spend Time in Nature & Silence - In stillness and silence there is a spiritual answer*

- Spending time in Nature & Silence is very important for mental health & well-being.
- God has created Nature for us to appreciate.
- Sometimes when you're going through adversity and life challenges the best place is to spend some time alone in Nature and be in stillness.
- Spiritual Answers can come from being in Nature & Stillness
- You have to understand that God wants you to connect with Nature to find healing & Appreciation
- Nature has spiritual answers to ongoing life adversity – life challenges – life problems
- In stillness and Nature, there is freedom, love, peace and liberation
- Remember that Nature is a Human Best friend and we should make time for Nature when we don't understand serious adversity and suffering
- You can learn to appreciate your adversity and suffering for being in Nature and appreciate how abundance God Loves is
- God Loves you and wants you to overcome any adversity – life challenges – life problems
- Spend time in Nature and find spiritual answers to your difficulties and adversity
- You can also learn so much about yourself when you spend time in Nature and stillness
- Stillness is part of a Spiritual Practice so make time to be in stillness

- There is a quote that says “God communicates to you through silence” Go into Silence and you will hear your inner voice of God communicating with you
- God is part of eternal silence, love, peace, Nature – Find time to connect with God, Nature, Stillness, Silence
- You, your Relationship with God, and Others are very important please don’t take it lightly
- **Stillness Meaning** - Stillness is a calm, quiet, motionless state
- **Nature Meaning -** the phenomena of the physical world collectively, including plants, animals, the landscape, and other features and products of the earth, as opposed to humans or human creations.
- the basic or inherent features, character, or qualities of something
- Your relationship with Jesus Christ, Buddha, and God can come through silence, nature, stillness

6) Find a Way to earn a living - Sometimes you need to support yourself and make a living

- When you’re going through suffering – pain - adversity you need to find a way to make a living and support yourself financially.
- Depending on what you’re going through you may need some financial support to help you overcome the adversity and suffering you are facing for example Psychological & Counselling Therapy with a Psychologist & Counsellor (Need financial support to pay for Private Therapy Sessions), Business Loan for the Bank (Need Finance support to help you maintain your business from bankrupt)
- There is no right or wrong way to make a living for yourself and your family but you should choose something where you can contribute in a meaningful, purposeful way.
- Earning a living for yourself does mean you will need to do some work in Employment, Jobs, Careers, and Businesses.
- You can get support from Professionals to help you find a way to earn a living for yourself.
- Sometimes people wouldn’t think that money and finance are important for what you’re facing with your adversity and suffering but we need to remember that money can be a tool to help you with certain things. Money is not a bad thing but can be used for good to help you in what you’re going through

- When you earn a living, you are able to build the foundations to support yourself and your family that is why it is important to find a way to earn a living.
- In the world we live in money and finance does become very important for your mental health & well-being because we need finance to live.
- I would recommend you do some work that helps other people and give back this will help you to find meaning through your own adversity and suffering and help you to give your purpose.
- God wants you to support yourself financially and help you to earn a living for yourself and your family.
- Remember money and finance is not the most important thing but we need money and finance to solve certain life problems.
- Earn a living can mean the difference between success and failure why find a way to earn a good living for yourself and your family?

7) Find a way to build a business or career you are passionate about - Do something meaningful for yourself and your family

- It is very important to understand when going through suffering – pain - adversity that you do something in life that you're passionate about
- Building a Business and Career that you are passionate about will give you meaning and purpose in your life.
- When we are going through serious life adversity and suffering, we something don’t realize that we need to build a life for ourselves which is very important.
- I would recommend you build a business and career that helps other people and gives back in some way to Humanity, Animals, and the Universe.
- Doing something meaningful and purposeful is the way to get through any adversity and life problems.
- Your business and career should be something that is truly important to you and something you see yourself doing for a long time.
- Don’t pick a Business or Career that is about money because this is not meaningful.
- Do a Business & Career that helps you personally grow and spiritually contribute.

- As human beings when we are going through adversity and suffering this could be the time when we find a true hidden desire & inner passion to create something important within the world and society.
- Your business and career are your life work so make sure you pick something that is truly important to you.
- Remember doing meaningful work will help you go through adversity & suffering.

8) Learn from failures, successes, mistakes - see what you can do differently

- Learning from Failure, Success, and mistakes is true knowledge & wisdom that can help you in your personal life and professional life.
- In life, we all go through suffering – pain - adversity but the life lessons we learn from it can be the difference between achieving your dreams & desires or having nothing.
- When you're going through suffering – pain - and adversity, you may not have the mindset to look at your failures, successes, and mistakes.
- We can learn to look at ourselves openly and not judge ourselves for making mistakes, failures, successes.
- It is true that human beings are not perfect but God sees our imperfections and wants us to learn from them.
- God & Jesus Christ want you to learn from failures, success, mistakes
- You only grow as a human being when you learn what you have done right and wrong
- Sometimes it is hard to look at ourselves but this can be the start of true freedom and understanding
- Mistakes, Failures, and Successes is something to learn from
- In life, we will be going through suffering – pain – adversity but the life lessons we learn through the journey can be life-changing
- You can only understand yourself once you learn to see your mistakes, failures successes
- Please don't feel like every action you take has to be perfect because that is not true it is important to learn through right & wrong actions in life and grow as a human being

- Mistakes are life lessons ed learned
- Successes are life lessons ed learned
- Failures are life lessons ed learned
- Understanding yourself is the beginning of Knowledge & Wisdom
- From your mistakes, failures, and successes see what you can do differently

9) Develop Meaning, Life Purpose, Life Mission, and Vision - when you're going through hardships this is the time for growth

- When you going through suffering – pain – adversity this can be a great time to develop meaning, life purpose, life mission, and vision.
- Going through adversity, and suffering can be difficult but you can develop an internal meaning from what you experience.
- Discovering meaning, life purpose, life mission, and vision can help you to work towards your future aspirations & dreams.
- When you see no hope develop a spiritual meaning from the adversity and suffering you are facing
- Jesus Christ & God help people who are broken-hearted and going through serious adversity & suffering.
- Some people have found meaning, life purpose, life mission, and vision from believing that what they are going through is for Jesus Christ & God and this is part of the process that they need to go through to grow as human beings.
- Suffering – pain - adversity can help you to change your life direction and life path so try to focus on the life lessons that Adversity & Suffering are teaching you.
- Developing your meaning from suffering & adversity can help you find a spiritual life purpose which gives you knew life direction.
- Always remember that Suffering – pain - and adversity help you to personally grow.
- When you go through hardships and disappointments this can help you to develop true meaning in what is important to you in life.
- Adversity & Suffering are God trying to tell you that something needs to change in your life to grow to the next level personally & spiritually.

- Focus on The Zone of Power – The things you can control and let go of the things you can't control
- Meaning is created by you – You can change a negative life experience into a positive life story.
- Meaning will help to give you something to live for – Find your true meaning from Adversity & Suffering.
- Jesus Christ & God will help you through adversity & suffering just find your meaning through your difficulties and hardships.

10) Helping Other People & Giving Back - Do something to contribute to others

- When you're going through Adversity & Suffering sometimes the meaningful thing you can do is help other people & give back.
- You can find meaning and life purpose in helping other people & giving back.
- You can find meaning from pain to purpose by helping other people
- Helping other people is a way to not think about your adversity & suffering and do something kind for others
- Find meaning from your adversity & suffering through helping other people can become fulfilling and rewarding
- Contributions to helping other people are very rewarding and you can discover yourself as a human being when you resolve other people's adversity & Suffering
- Jesus Christ & God want you to do something meaningful with your life and helping other people is the way you give something back to society & communities
- If you focus your pain, adversity, and suffering on doing good toward helping other people then you will grow spiritually as a human being and Jesus Christ & God will be with you
- Some people have said that helping other people has been the transformation thing that has changed my life from thinking about myself to others
- Helping Other People heals you and gives you the freedom to be yourself
- You can help other people by sharing your life stories and what you have been through to inspire others and make a massive difference to society

- You can find healing in helping other people and sharing your story
- You learn so much about adversity & suffering when you learn from others
- Helping other people can give you true motivation and inspiration to do good in the world and society
- Helping other people makes you realize that some people have gone through worse adversity & suffering than you which can open up your worldview and perspective
- You can find spiritual meaning in giving back and making a difference to others
- Life becomes more fulfilling when you're helping other people with what they are going through
- You can get the opportunities to talk with people who have experienced lots of adversity & suffering and learn from their mistakes, failures, success
- Helping other people changes your perspective
- The most powerful thing helping other people and sharing your life story with others
- You can find your spiritual life purpose & spiritual calling by helping other people.
- Helping other people makes you more compassionate and kinder toward others
- You can experience life transformation through helping other people
- You can understand what you have been through and what others have been through
- Helping other people is the beginning of liberation and life transformation
- Please find a way to help other people & give back

11) Journaling - Process your day through daily journaling

- Writing in a Journal every day can be the most powerful thing you do for yourself
- A journal is a way to express your adversity & suffering in a healthy way
- You can learn so much about yourself through journaling and self-reflection

- Journaling can transform your life in every way possible
- You can become spiritually free through journal and learn who you are as a human being
- You can write in your journal anything important to you and learn from your daily self-reflections
- I would recommend you buy a Journal and write in your journal every day for 15 – 30 Minutes about the things you're learning and what you're going through
- Journaling is a personal & private thing which is just for you and no one else
- Journaling can be shared if you give consent for other people to read your thoughts, feelings, emotions
- Journaling is Self-Discovery and Self-Reflection

12) Practice Self-Care - Look After Yourself

- Self-care is very important when you're going through adversity & Suffering
- Practice Self Compassion and Self-Acceptance everyday
- The best way to heal is when you focus on the internal not the external
- Healing comes from within you so practice self-care
- Daily Routine is very important in Self Care (Work, Self-Care, Parental responsibilities, caring responsibilities, Gym, Nature)
- Self-care is important to overcome adversity & Suffering
- Self-compassion is not selfish it is the key to self-healing and spiritual liberation
- Please make time for yourself every day no matter how busy you are
- Self-care is also forgiveness

13) Believe in Jesus Christ & God

- Believe in Jesus Christ & God will help you to overcome adversity & Suffering

- Jesus Christ & God can help you to heal from adversity & Suffering
- Faith is the key to believing in Jesus Christ & God
- When you feel hopeless and lost still believe in Jesus Christ & God and they will help you through adversity & Suffering
- Find a community of people who believe in Jesus Christ & God and start attending regular community events
- Church is the place where Jesus Christ & God can heal you
- Pray to Jesus Christ & God to help you overcome adversity & Suffering
- Meditate on the holy bible and let the bible scriptures guide you in your journey
- Jesus Christ & God love you so please believe in Jesus Christ & God
- Jesus Christ & God can do miracles within your life if you repent and ask for spiritual guidance
- Jesus Christ & God understand your pain, adversity, and suffering because they create you
- There is no life problem or adversity that Jesus Christ & God cannot resolve
- Have faith and believe in Jesus Christ & God
- Jesus Christ & God are the keys to overcoming your adversity & Suffering

14) Develop your Faith & Spirituality

- Develop your faith & spirituality every day
- Connect with your faith, intuition, and spirituality which will help you overcome adversity & Suffering
- Jesus Christ, Buddha, God is here for you
- You can develop your faith through religion or spirituality
- Nature is the place for spiritual connection and spiritual appreciation
- Spend time in Nature & connect with God
- Meditation & Mindfulness is important
- Prayer is important

- Develop your spiritual practice to grow your faith & spirituality
- Communicate with Jesus Christ, Buddha, and God daily

15) Go through a Spiritual Change and Spiritual Awakening

- When you are going through adversity & suffering you are going through a spiritual change and spiritual awakening
- Spiritual change is part of life so please accept it
- Spiritual awakening is part of a spiritual process of overcoming adversity & Suffering
- Suffering brings humility, hope, surrender
- You will spiritually change & spiritually awaken when you have overcome adversity & Suffering
- Spirituality connects you with Jesus Christ, Buddha, God
- Stay connected to your intuition & spirituality

16) Share Your Life Story and Inspire Others

- Sharing your life story and inspiring others will help you overcome your adversity & Suffering
- Your life experience can be shared to inspire others
- All of your life experience can be used to help others and give back
- Sharing your life story is powerful and transformation
- Your life story can help millions of people's lives
- You can become who you want to be by sharing your life experience to others
- You are the light and you can shine your inspiration on others
- Helping Other People by sharing your life story is life-changing
- Share your life story and help the next generations of Humanity
- You can provide the ultimate impact and difference to others by sharing your life story
- Your life story is an inspiration to Humanity
- Sharing your life story can help you become spiritually liberated
- Jesus Christ & God want you to share your life story with others

17) Invest in Understanding - Learning - Education (Invest in Yourself)

- To overcome adversity & suffering you need to invest in understanding – learning – education
- Sometimes we need to understand our adversity & suffering to help us learn how to overcome it
- If you invest in yourself, you can learn to understand yourself
- Learning & Understanding is the key to Self-Education
- Jesus Christ & God want you to invest in yourself
- Learning & Understanding e are changing and life transformation
- You are the resource to your greatest gifts – your mind
- Invest in your Understanding & Learning to invest in your mind & yourself
- Understanding yourself is the beginning of wisdom

18) Spiritually Change people's lives from your inspiration and contributions

- Once you have overcome your adversity & suffering then the next progression is to spiritually change people's lives through your actions & life story
- Focus your work in life on inspiring & motivating others and spiritually changing people’s lives with contributions
- When you have gone through so much adversity & suffering you have to help other people not go through the same pains, hardships, and disappointments you went through
- Helping Other People can help you to provide spiritual contributions to helping other people & giving back
- You are the light – Be the inspiration to others
- Spiritually changing people's lives is difficult but you can do it because you have been through the process – be the source of inspiration to others and give spiritual contributions

18 Ways of How to Overcome Suffering – Pain – Adversity will help you to overcome any Suffering – Pain – Adversity you will face in your life. It is important to zrealize that 18 Ways of How to overcome Suffering – Pain – Adversity is a guide to help you overcome suffering.

Remember that you can make a choice & decision to change your life for the better and find resilience & persistence to overcome Suffering – Pain – Adversity.

Chapter 4 - How to Develop a Spiritual Practice

In this chapter we are going to talk about how to develop a Spiritual Practice that can help you overcome suffering – pain – and adversity. Developing a Spiritual Practice has been a very important thing in religion & spirituality, we need to find a way to connect to higher powers, and whatever we believe may be whether we are Christians, Muslims, Hindus, Buddhists, or just a Spiritual Person it is important to have a spiritual practice. I believe when we connect to a higher power or God, we find ways of healing our suffering – pain – adversity – trauma of what we have been through as human beings because we focus on something that is greater than ourselves. Jesus Christ & Buddha were two spiritual human beings who were talking about Spiritual salvation the end of Suffering trying to get Humanity to connect with our creator (God) and build a relationship with our heavenly father. Jesus Christ & Buddha knew that Humanity would need to go through a spiritual change and spiritual transformation in order to end suffering and give humanity salvation once and for all. Jesus Christ gave up his life and died on the cross to give Humanity true spiritual freedom & spiritual salvation.

1 Peter 3:18 - For Christ also suffered once for sins, the righteous for the unrighteous, that he might bring us to God, being put to death in the flesh but made alive in the spirit,

Romans 5:8 - But God shows his love for us in that while we were still sinners, Christ died for us.

John 14:6 - Jesus said to him, “I am the way, and the truth, and the life. No one comes to the father except through me.

John 11:25 - Jesus said to her, “I am the resurrection and the life. Whoever believes in me, though he dies, yet shall he live,

1 John 3:16 - By this, we know love, that he laid down his life for us, and we ought to lay down our lives for the brothers.

John 3:16 - “For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life.

Jesus Christ knew that God wanted him to save Humanity and restore the relationship between Humanity & God.

What this means is that God wants you to build a relationship with him and live your life free from suffering – pain – adversity. As we have already discussed Suffering is Inevitable but we can choose to develop coping strategies and spiritual practices to overcome any suffering we face. In this chapter I am going to talk about **5 Spiritual Practices** – **1) Prayer**, **2) Mindfulness**, **3) Meditation**, **4) Journaling**, **5) Walking**.

How To Develop 5 Spiritual Practices

1) Prayer

Prayer Meaning - **a solemn request for help or expression of thanks addressed to God or another deity.**

Prayer is a very spiritual practice that helps you to communicate with God through Worship. Prayer is very important within your spiritual faith and spiritual development.

Prayer is a way of connection to God and expressing God Gratitude & thanksgiving.

How To Develop Spiritual Practice of Prayer

- **Find a Spiritual Quiet Place where you can be alone and pray to God this can be a Church, Temple, Mosques, Centre, Home.**
- **Lay down a Mat on the floor where you can sit down and pray**
- **Go onto the Mat & knee down, cross your hands, close your eyes**
- **Start Praying to God and communicating with God through Prayer**
- **Express your gratitude & thanksgiving to God in prayer**
- **Pray for family, friends, children, relatives, and loved ones**
- **Talk to God about any concerns or issues you may be facing with your life**
- **Asked God for forgiveness and to help you with your daily life**
- **Asked God to forgive your sins and make a Covent with God that you want to change your life for the better**
- **Communicate with God about your dreams & desires and ask God to spiritually guide you**
- **Asked God for spiritual knowledge, wisdom, freedom, understanding, counsel, guidance**
- **Once you have finished Praying say Thank You to God for everything**

How long should your prayer be for?

- **Beginner – 10 – 15 Minutes**
- **Intermediate – 20 – 30 Minutes**
- **Experienced – 40 – 50 Minutes**

- **Advanced – 1 hour – 2 hours**

When should you pray?

- **It is good to pray first thing in the morning when you wake up between 05.00 – 08.00**
- **It is good to pray in the afternoon on Lunch Break between 12.00 – 14.00**
- **It is good to pray in the evening before you go sleep between 22.00 – 00.00**

How Should I Pray?

- **You can pray alone yourself.**
- **You can pray with your Partner & Spouse**
- **You can pray with your Children, Family, Relatives, Friends**
- **You can pray in your church, temple, mosque, center**
- **You can pray in Prayer Evening Events at Church, Temple, Mosques, Centre**

The Spiritual Benefits of Prayer

- **Deeper Connection with the Divine – Prayer strengthens your relationship with God, fostering a sense of closeness and guidance.**

- **Inner Peace – It brings tranquillity, helping to relieve anxiety, stress, and emotional burdens.**

- **Increased Faith – Regular prayer reinforces belief and trust in God's plan, even during difficult times.**

- **Greater Clarity and Wisdom – It helps in decision-making by aligning your thoughts with divine wisdom.**

- **Emotional Healing – Prayer can provide comfort and healing for past wounds and personal struggles.**

- **Spiritual Growth – It deepens understanding of spiritual truths and enhances personal development.**

- **Gratitude and Contentment – Through prayer, one develops a habit of gratitude, leading to a more fulfilling life.**

- **Forgiveness and Letting Go – Prayer encourages the release of resentment and cultivates a forgiving heart.**

- **Protection and Strength – Many believe that prayer acts as a shield against negative forces and provides resilience.**

- **Sense of Purpose – It helps align one's life with higher spiritual goals and a greater sense of meaning.**

2) Mindfulness

Mindfulness Meaning – 1. the quality or state of being conscious or aware of something. "Their mindfulness of the wider cinematic tradition"

2. a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.

Mindfulness is a very powerful spiritual practice that connects you with God & Nature. Mindfulness is focusing on the present moment and being aware of Nature & God.

How To Develop Spiritual Practice of Mindfulness

- **Find a Spiritual Quite Place where you can be alone this could be a Park, Home, or Centre.**
- **Lay down a Mat on the floor and make yourself comfortable by sitting down on a mat.**
- **Cross your legs, lay your hands & arms on cross legs, close your eyes, and breathe slowly in & out.**
- **As your eyes are closed be mindful of what happening in your mind, body, and soul.**
- **It is important to just stay still and be patient allowing Nature to connect with you.**
- **Make sure you're breathing slowly in & out in a gradual mindfulness process.**
- **Connect with the present moment and connect to God & Nature**
- **zRealize that there is no time, no judgement, no perception just You and Being in Nature & God**
- **Be still & quiet**
- **When you finish your Mindfulness say Thank You to God & Nature for giving you space & time to connect.**

How long should your Mindfulness for?

- **Beginners – 5 – 10 minutes**
- **Intermediate – 20 - 30 minutes**
- **Experienced – 40 – 60 minutes**
- **Advanced – 1hour – 1.30 hour**

When should you do Mindfulness?

- **Mindfulness can be done anywhere you just have to be still, quiet, and consciously aware of the Present Moment**
- **Mindfulness can be done when you feel anxiety or overwhelmed**
- **Mindfulness can be done when you're at home alone or with your partner, children, spouse**
- **Mindfulness can be done in Mindfulness Events or Community Events with other people**
- **Mindfulness can be done in Groups**
- **Mindfulness can be done when you're in Nature or Park**

How Should I Do Mindfulness?

- **You can do mindfulness alone**
- **You can do mindfulness with your Partner & Spouse**
- **You can do mindfulness with your Children, Family, Relatives, and Friends**
- **You can mindfulness in your church, temple, mosque, center**
- **You can do mindfulness in Mindfulness Events**
- **You can do Mindfulness in Groups**
- **You can do Mindfulness in Nature**
- **You can do Mindfulness in Parks**

The Spiritual Benefits of Mindfulness

1. Increased Inner Peace

Mindfulness fosters a sense of inner calm by helping individuals detach from negative thoughts, worries, and distractions. By focusing on the present, practitioners experience a greater sense of peace and tranquillity.

2. Heightened Awareness and Presence

A mindful approach to life allows individuals to be more aware of their surroundings, thoughts, and emotions. This heightened awareness deepens one's spiritual connection, making every day experiences more meaningful.

3. Deepened Connection with the Divine

For those on a spiritual path, mindfulness can serve as a form of meditation or prayer, creating a direct connection with a higher power or the universe. By quieting the mind, individuals become more receptive to divine guidance and insight.

4. Enhanced Gratitude and Appreciation

Mindfulness encourages an attitude of gratitude by shifting attention to the present moment and the blessings in life. This gratitude can lead to a more profound sense of fulfillment and joy.

5. Reduced Ego and Increased Compassion

Through mindfulness, individuals can observe their thoughts without attachment, leading to a reduction in ego-driven desires and judgments. This fosters humility, kindness, and compassion toward oneself and others.

6. Healing and Emotional Balance

Mindfulness promotes self-awareness and emotional regulation, helping individuals process past wounds and traumas. By being present with emotions without judgment, healing and spiritual growth become possible.

7. Greater Sense of Purpose

By aligning thoughts and actions with present-moment awareness, mindfulness can help individuals gain clarity about their life's purpose. This sense of direction enhances spiritual fulfillment and personal growth.

8. Strengthened Intuition

A quiet and mindful mind is more receptive to intuitive wisdom. Practicing mindfulness can help individuals trust their inner guidance and make decisions that align with their highest self.

9. Liberation from Suffering

Many spiritual traditions emphasize mindfulness as a path to liberation from suffering. By observing thoughts and emotions without attachment, individuals experience greater freedom and enlightenment.

10. Harmony with Nature and the Universe

Mindfulness cultivates a deep appreciation for the interconnectedness of all life. By fully engaging with the present

moment, individuals develop a sense of unity with nature and the cosmos.

3) Meditation

Meditation Meaning - 1) the action or practice of meditating, 2) a written or spoken discourse expressing considered thoughts on a subject

How To Develop Spiritual Practice of Meditation

- **Find a Spiritual Quite Place where you can be alone this could be a Park, Home, Centre**
- **Lay down a Mat on the floor and make yourself comfortable by sitting down on a mat**
- **Cross your legs, lay your hands & arms on cross legs, close your eyes, breath slowly in & out**
- **As your eyes start to observe your thoughts & thinking**
- **It is important to just stay still and patience and allow your mind to think**
- **Make sure you're breathing slowly in & out in a gradual meditation process**
- **Watch your thoughts, understand your thoughts, Remain Presence**
- **Allow negative thoughts and positive thoughts to come to your mind and just observe**
- **•Be still & quiet**
- **Let your mind meditate and become silent & quiet**
- **In meditation, as your mind becomes still & quiet realize that thoughts & thinking a natural process of the human mind**
- **In meditation get to the point where there is pure silence without thoughts or thinking through Meditation.**
- **When you finish your Meditation say Thank You to God & Nature for giving you space & time to connect.**

How long should your Meditation for?

- **Beginner: Start with 5–10 minutes. This helps you get comfortable with the practice and build consistency without feeling overwhelmed.**

- **Intermediate: If you've been meditating for a while, you might extend your sessions to 15–30 minutes. This allows for a deeper state of relaxation and mindfulness.**

- **Experienced: Advanced meditators may meditate for 45 minutes to 1 hour or more, especially in silent retreats or intensive practices.**

When should you do Meditation?

- **Meditation can be done anywhere you just have to be still, quiet, and consciously observe your thoughts & thinking.**
- **Meditation can be done when you feel anxiety or overwhelmed Meditation can be done when you're at home alone or with your partner, friends, children, or spouse.**
- **Meditation can be done in Meditation Retreats & Community Events with other people.**
- **Meditation can be done in Groups & Communities**
- **Meditation can be done when you're in Nature or Park, Centre, Template**
- **Meditation can be done to help concentration & focus**
- **Meditation can be done to improve Spirituality & Faith**
- **Meditation can be done to connect with God & Spiritual realms**
- **Meditation can be done with Spiritual Teachers**
- **Mediation can be done to find Enlightenment, Knowledge, Wisdom**
- **Meditation can be done to develop intuition & instincts**
- **Meditation can be done to connect to Divinity & Nature**
- **Meditation can be done to stop overthinking & ruminating**
- **Meditation can be done to help with relaxation**
- **Meditation can be done to find Spiritual Guidance**

How Should I Do Meditation?

- **You can do meditation alone**
- **You can do meditation with your Partner & Spouse**
- **You can do meditation with your Children, Family, Relatives, and Friends**
- **You can meditation in your church, temple, mosque, center**
- **You can do meditation in Meditation Retreats & Community Events**
- **You can do Meditation in Groups & communities**
- **You can do Meditation in Nature**
- **You can do Meditation in Parks**
- **You can do Meditation at Gyms**

The Spiritual Benefits of Meditation

1. Inner Peace & Calmness

Meditation helps cultivate a deep sense of peace and stillness, reducing inner turmoil and promoting emotional balance.

2. Heightened Awareness & Mindfulness

It enhances self-awareness, allowing you to observe thoughts and emotions without attachment, leading to greater clarity and insight.

3. Deeper Connection with the Divine

Many spiritual traditions use meditation to connect with a higher power, the universe, or one's inner soul, fostering a sense of unity and divine love.

4. Expansion of Consciousness

Meditation can lead to transcendent experiences, helping individuals access higher states of consciousness and spiritual enlightenment.

5. Strengthening Intuition

By silencing the mind, meditation enhances intuition and inner wisdom, helping with decision-making and personal growth.

6. Healing & Emotional Cleansing

It aids in the release of past traumas, negative emotions, and karmic patterns, leading to greater emotional and spiritual healing.

7. Development of Compassion & Love

Practices like Loving-Kindness Meditation (Metta) foster unconditional love, empathy, and kindness toward oneself and others.

8. Dissolution of Ego & Attachment

Meditation helps in recognizing the impermanence of thoughts, emotions, and material desires, leading to a more liberated and detached way of living.

9. Greater Sense of Purpose & Meaning

It aligns individuals with their true purpose, bringing a sense of fulfillment and direction in life.

10. Enhancement of Energy & Vibrations

Many believe that meditation raises one's vibrational frequency, attracting positivity, abundance, and spiritual growth.

4) Journaling

Journalling Meaning - write in a journal or diary

How To Develop Spiritual Practice of Journalling

- **You would need to buy a Journal which has line paper in which you can write down words into**
- **Find a quiet room with a table where you can put down the journal and start writing in the journal.**
- **Think about your thoughts, feelings, and emotions and start writing them down in the journal.**
- **Think about your life, day, and week, and start writing down in the journal.**
- **Think about your successes & failures and write them down in the journal.**
- **Think about your dreams & desires and write them down in the journal**
- **Think about your future and write it down in the journal**
- **Use the journal to process any mental health difficulties or challenges you have been facing in your life**
- **Use the journal to write down what you want to become and your life goals**
- **Use the journal to process daily life**
- **Journalling is a way to connect to yourself and learn about yourself**
- **Think about things you have learned throughout your life**
- **Think about any self-reflections and write them down in the journal**
- **Journalling is a very spiritual therapeutic process**
- **Use the journal to process your legacy and what you want to leave behind**
- **Once you have written down the core things you want to think about in your journal then you can Thank God & Nature for giving you space & time to reflect**

How long should you Journalling for?

- **Beginner – You should Journal for 5 – 10 minutes per day**
- **Intermediate: – You should journal for 15 – 20 Minutes per day**
- **Experienced – You should journal for 30 minutes – 1 hour per Day**
- **Advanced – You should journal for 1.30 hours**

When should you do Journalling?

- **You should do a journal when you need to record your daily life**
- **You should do a journal when you need to write down your life goals**

- **You should journal when you feel anxious or depressed**
- **You should do a journal when you want to spend time on self -reflections**
- **You should do a journal when you want to write down dreams & desires**
- **You should do a journal when you want to plan for the Future**
- **You should journal when your alone**
- **You should journal in the Morning, Afternoon, and Evening**
- **You should journal when you need to find answers to life problems**
- **You should journal when you need spiritual guidance**
- **You should only do a journal for personal & spiritual reasons**
- **You should do a journal to process thoughts, feelings, emotions**

How Should I Do Journalling?

- **You can do Journal alone**
- **You can do a Journal on Spiritual Retreats**
- **You can do a Journal in Nature**
- **You can do a Journal in Parks**
- **You can do a Journal in Groups**
- **You can do a Journal in the Church**
- **You can do a Journal in Temple**
- **You can do a Journal in Schools, Colleges, and Universities**
- **You can do a Journal in Communities**
- **You can do a Journal in Journalling Groups**

The Spiritual Benefits of Journalling

1. Enhanced Self-Reflection

Writing in a journal acts as a mirror to your soul, reflecting your deepest thoughts and emotions. This daily practice can illuminate often-overlooked aspects of your psyche, leading to enhanced self-awareness and introspection. By carving out time to document your feelings, you can better understand your inner landscape, facilitating spiritual growth.

2. Clarification of Thoughts

Turning thoughts into words clarifies your thinking. Daily journaling serves this purpose, helping you process complex emotions and ideas, leading to clearer understanding and decision-making.

3. Goal Setting and Tracking

Journaling provides a structured way to set and monitor spiritual goals. Documenting your aspirations and progress keeps you accountable and motivated. By consistently revisiting your goals, you align more closely with your spiritual mission and purpose.

4. Building Resilience

Recording your spiritual challenges and how you overcome them can build resilience. Re-reading past entries where you've persevered can provide inspiration and strength for future obstacles, fortifying your spiritual resolve.

5. Fostering Creativity

Keeping a spiritual journal is a creative and mind-opening process, allowing you to tap into your imagination and explore new ideas. By regularly recording your thoughts and experiences, you may find that you become more in touch with your creativity and are better able to express yourself in a creative way.

6. Deepening Connection with the Divine

Journaling creates the silence needed to encounter God or the Spirit. Our homes are often filled with nonstop noise from various sources. Journaling offers a quiet space to reflect and connect with the divine.

7. Developing Compassion and Empathy

When you journal about interactions with others, you cultivate empathy by considering different perspectives and motivations. This practice bolsters your compassion, a core component of many spiritual paths, by encouraging you to understand and connect with others more deeply.

5) Walking

Walking Meaning – 1) move at a regular pace by lifting and setting down each foot in turn, never having both feet off the ground at once

2) guide, accompany, or escort (someone) on foot

How To Develop Spiritual Practice of Walking

- **Find a Park or Nature Area where you can find a place to walk**
- **Start walking**
- **As you walk observe Nature, Animals, Humans, the Universe**

- **As you walk feel your feet, and legs moving as your walking**
- **Start to connect to the environment and nature**
- **As your walking connect with your breathing and Breathe**
- **As you walk start to feel the energy within your Body**
- **As you walk start to connect with your thoughts, feels, emotions**
- **Enjoy the walking and keep moving forward**
- **Once you have walked and finished your walk say Thank You to God & Nature for your experiences in walking.**

How long should you Walking for?

- **Beginner – You should Walk for 10 – 15 Minutes per day**
- **Intermediate: – You should Walk for 30 – 45 Minutes per day**
- **Experienced – You should Walk for 1 hour per day**
- **Advanced – You should Walk for 2 hours per day**

When should you do Walking?

- **You should do Walking when your alone**
- **You should do Walking when you're with Family, Friends, Relative**
- **You should do Walking when you're with Partner, Spouse**
- **You should do Walking when you are with a Group**
- **You should do Walking when you're in a Walking Group**
- **You should walk when you want to exercise**
- **You should do Walk when you are tired & fatigue**
- **You should go Walking in the Morning, Afternoon, and Evening**
- **You should do Walking to connect with Nature & God**
- **You should do Walking for Self-Healing**
- **You should do Walking with Spiritual Liberation**

How Should I Do Walking?

- **You can walk alone.**
- **You can do Walking on Spiritual Retreats.**
- **You can do Walking in Nature.**
- **You can do Walking in Groups.**
- **You can do Walking in the Mountains**
- **You can do Walking in Riversides**

- **You can do Walking in Walking Groups**

The Spiritual Benefits of Walking

1) Meditation and Reflection

- **Walking provides a peaceful environment conducive to reflection and meditation. The rhythmic nature of walking can help you enter a meditative state, allowing space for spiritual contemplation and listening to your inner self.**

2) Connection with Nature

Walking outdoors immerses you in the natural world, fostering a sense of awe and gratitude. This connection can deepen your appreciation for the environment and your place within it, enhancing your spiritual awareness.

3) Enhanced Creativity and Problem-Solving

The movement seems to encourage dialogue and conviviality, leading to richer conversations with soul mates, friends, and even strangers. Artists report that walking activates the imagination and opens up the creative process.

4) Social Connection

Walking with others can provide social support and an emotional lift. There's something about walking and talking together that fosters deeper connections and shared experiences, contributing to a sense of community and belonging.

5) Spiritual Practices

Throughout history, walking has played an enormous role in the devotional life of people from all the world's religions: prayers and mantra practice while walking, pilgrimage to sacred sites, walking the labyrinth, walking meditation, and informal spiritual practices that make the most of strolling, sauntering, or cavorting.

Chapter 5 - Spiritual Truth – Spirituality – Faith

I want you to understand that Spiritual Truth – Spirituality – And faith are very important in overcoming suffering – pain – and adversity. When you go through suffering – pain – adversity this can affect you physically, mentally, emotionally, spiritually, and psychologically.

One of the important things to learn is that suffering will teach you life lessons and give you spiritual understanding.

Finding the spiritual truth within your suffering can become the most challenging thing but can lead to true spiritual freedom & spiritual liberation.

Spiritual Truth meaning - Spiritual truth refers to deeper insights and understanding about existence, purpose, and the nature of reality that resonate on a profound level.

When you have gone through suffering you discover your life purpose and what you are called to do on earth. This can be a very painful life experience but can have the most spiritual wisdom. It is important to realize that suffering will happen in your life and you will go through deep suffering to become who you are.

Spiritual Truth comes to the people who have gone through severe suffering – pain – and adversity in their life. I am not going to say that suffering is the only way you get to know Spiritual Truth because there are many ways to discover your life purpose. But suffering is the way to become enlightened and spiritually wise.

As I explained in the previous chapters 18 Ways of Overcoming Suffering and How to Develop 5 Spiritual Practices this was very important in understanding Spiritual Truth – Spirituality – Faith.

You cannot find Spiritual Truth until you Know yourself.

Understanding yourself is the beginning of Knowledge & Wisdom which will lead to Spiritual Truth.

I want you to understand readers that you must overcome suffering to become the person you need to be in life.

Without overcoming suffering you will never reach your potential as a human being or live your life purpose.

I want you to understand that life is very complex and has different meanings and different morals, values, and principles to it. It is important to realize that you need to become spiritual to understand Spiritual Truth – Spirituality – Faith.

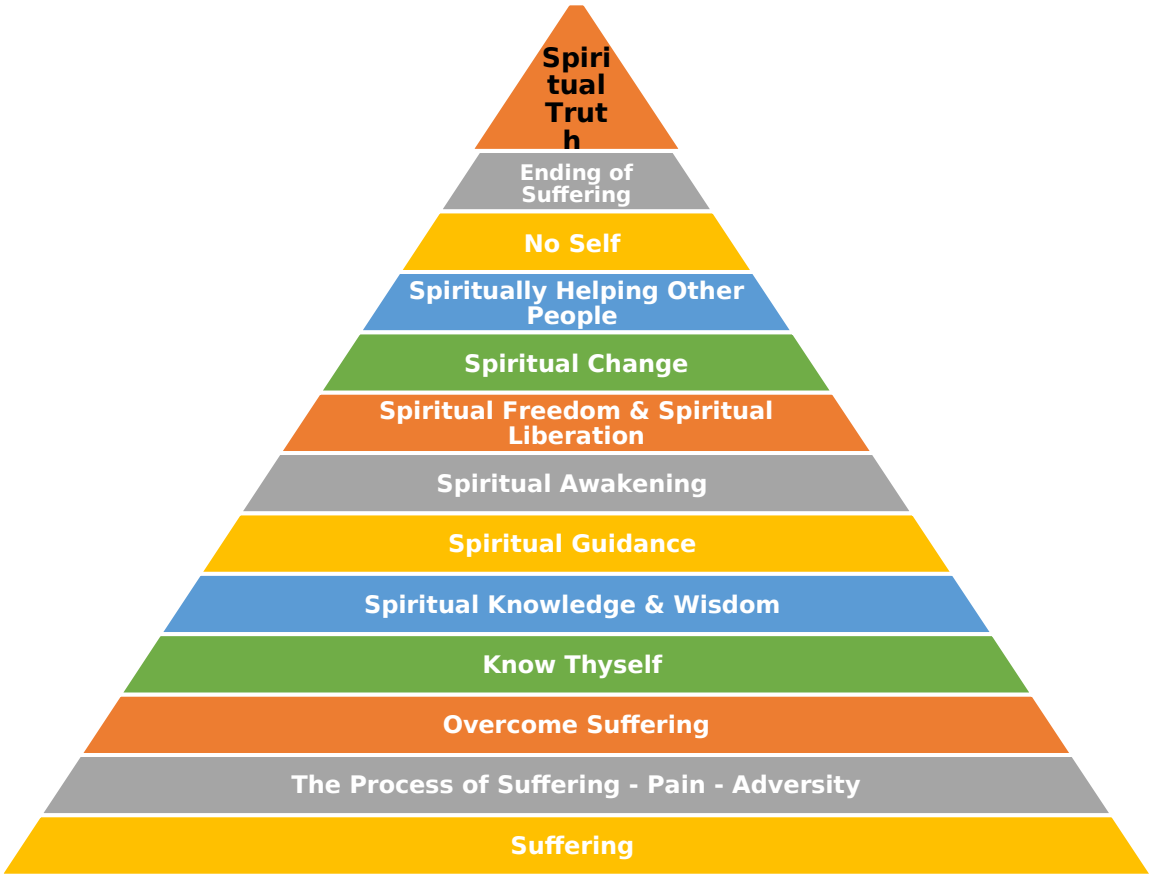
Faith is developed when you have suffering in life and it grows when you go through more suffering – pain – adversity. I don't want to frighten you about the suffering you will experience but it is part of life and you will go through suffering.

Overcoming suffering is the beginning of spiritual freedom & spiritual liberation.

It is important to learn about what you have suffered as a human being

Spiritual Truth – Spirituality – Faith

The Process of discovering Spiritual Truth



These images show the process of Spiritual Truth.

I want you to understand that you will have to understand and overcome suffering before you can reach spiritual truth.

I want to warn you readers that this is going to be the most difficult process you will ever go through as a human being but the spiritual change will lead to spiritual freedom & spiritual liberation.

Like I said in the previous chapter No one can lead you to Spiritual Truth is something you will need to learn and discover. This become the most important thing in life and yes, it is going to be painful but overcoming suffering is a very difficult process.

I want you to understand that this is a Spiritual Journey and No one can tell you how to achieve Spiritual Truth.

This is a true spiritual journey that all human beings need to discover and you will learn Spiritual Truth once you overcome suffering.

What Are the Spiritual Benefits of Spiritual Truth

- You will overcome your suffering – pain – adversity
- You will go through a Spiritual Change
- You will discover No Self
- You will discover Spiritually Helping Other People
- You will go through a Psychological and spiritual change
- You will become Spiritually Free
- You will learn Spiritual Freedom & Spiritual Liberation
- You will end all suffering in your life

Please understand reader that Spiritual Truth will connect you to Jesus Christ & God.

Chapter 6 - The Ending of Suffering

This is the chapter in which I will try to explain the most important thing and the true reason why I have written this book.

The Ending of Suffering

To explain this very serious thing in life when it comes to The Ending of Suffering there is a lot to discuss in-depth and this is not very simple to explain. I want to encourage the reader before we begin that you must overcome suffering to understand this very spiritual thing.

First, I want you to understand that Suffering is Inevitable and each human being will go through suffering within their life. There is nothing spiritual about this just a simple fact of daily life.

When we look into society and the world of Billions of people living on earth, we see that Humanity is suffering profoundly and deeply and there are no answers to why Humanity is suffering. This is just part of daily life.

If we understand that suffering is part of life and that we are going to suffer. Then we need to observe and understand how to overcome suffering.

This is a spiritual observation that needs careful insight and understanding.

Overcoming suffering is something that no one can teach you because each human being is an individual first.

You can not learn how to overcome suffering from someone else because that is not the way to learn this.

So, the spiritual question is **How to Overcome suffering**.

I have said at the very beginning of this book that it is just a guide (I am not telling you want to do)

To understand The Ending of Suffering is to learn that you must discover this ***yourself***.

No one can tell you how to end your own personal suffering as a human being.

That is why the book is a guide and not a Philosophy

I can not tell you what Ending of Suffering means for you because like I said we are all individually first.

The Ending of Suffering for me would be completely different from you it would not be the same.

Jesus Christ & Buddha have not said much about The Ending of Suffering

Matthew 10:39 – KJV - **39 He that findeth his life shall lose it: and he that loseth his life for my sake shall find it.**

- *The spiritual question that I want to say to the readers*
- *What does the Ending of Suffering mean to me*
- *How can I overcome my Suffering in life*
- *What am I called to do when I am on Earth*
- *Where are my intuitions, feelings, emotions, and thoughts trying to tell me*
- *Spiritually who do I Need to become*

I am not going to give you the answers to The End of Suffering because that would not be correct or right to do so.

What I will do is spiritually guide you on your spiritual journey

- **Spiritual Change –**

I will say that Spiritual Change will answer the spiritual question to you about The Ending of Suffering. That is something I can not teach you.

Please understand that No one can teach you this because you need to discover

I want you to understand readers that Spiritual Change means The Ending of Suffering. No one can teach you want Spiritual Change is because it is Spiritual to Individual.

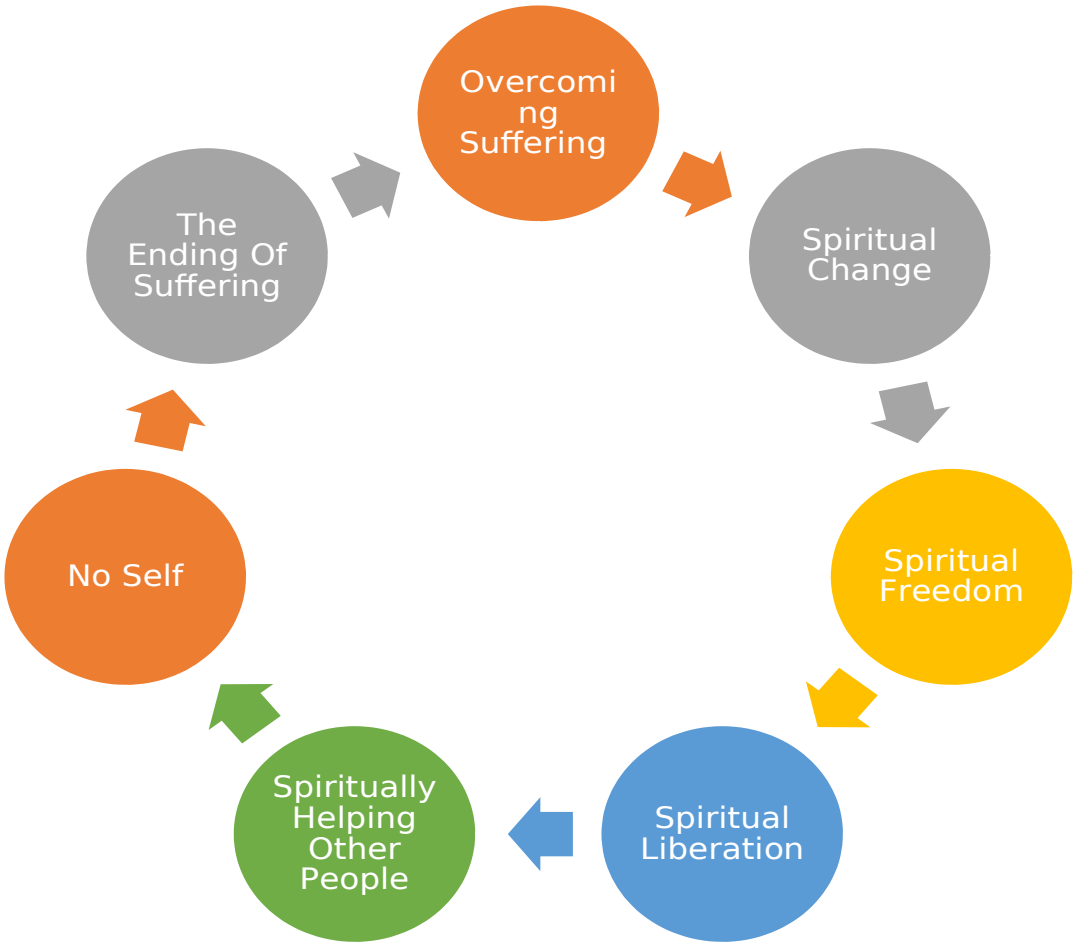
Without The Ending of Suffering, you will Suffer

The Ending of Suffering is Spiritual Freedom & Spiritual Liberation

Chapter 7 - Spiritual Change - Spiritual Freedom – Spiritual Liberation

I want to write this final chapter to explain Spiritual Change – Spiritual Freedom – Spiritual Liberation.

I want you to understand the important of Spiritual Change.



I want you to understand readers before anything changes within your life, you will need to go through a Spiritual Change.

You can not find Spiritual Freedom & Spiritual Liberation without Spiritual Change.

The most important thing to learn is Spiritual Change because Spiritual Change leads to Spiritual Freedom & Spiritual Liberation.

I can not teach you how to Spiritual Change as a human being. No. Like I said this book is a Guide.

How To Overcome Suffering is really focused on THINK - CHOICE – DECISION – ACTIONS.

My final message in this Chapter is if you want to Overcome Suffering you will need to make Choices & Decisions for Spiritual Change.

You can not find Spiritual Freedom & Spiritual Liberation within society or the world it will never be found there.

You find Spiritual Freedom & Spiritual Liberation once your Spiritual Change

SPIRITUAL CHANGE IS NOW

Change Is Now

Think – Choice – Decision – Actions

Psychological Spiritual Change

Spiritual Revolution

Chapter 8 – Thank You

I would like to say thank you to Paul Dorrington (Lead Employment Specialist), Karen Meechan (Clinical Psychology), Dag Heward Mills (Pastor, Evangelist, Teacher), Jiddu Krishnamurti (Philosopher, Spiritual Teacher), Jesus Christ & God for helping to write this amazing book and for helping me to overcome my adversity & suffering.

Paul Dorrington (Lead Employment Specialist) – Paul Dorrington helped and supported me when I was 24 – 25 years from homelessness and mental health crisis to get back into Paid Employment in the Mental Health Industry. Paul Dorrington is my Spiritual Hero and I value and respect all of the support and help Paul Dorrington has given me through my years. Christopher Liam Rose & Paul Dorrington's professional relationship has been for 10 years since 2014 – Present. Christopher Liam Rose owes his whole life to Paul Dorrington for showing him mental health recovery and hope, faith, control, and opportunity. Christopher Liam Rose has now worked with Paul Dorrington as an Employment Specialist in SWLSTG at North Kingston Team but will slowly be moving on to a Peer Support Coordinator role at SWLSTG (Sutton Jubilee Health Centre). Christopher Liam Rose's dream was to work with Paul Dorrington in mental health recovery and IPS Employment Specialist Support. Since Christopher Liam Rose has worked with Paul Dorrington in SWLSTG as an Employment Specialist he has received 2 Awards for excellent IPS Employment Specialist work.

Karen Meechan (Clinical Psychologist) – Karen Meechan helped and supported Christopher Liam Rose in 2014 in Psychology and Counselling Therapy when Christopher Liam Rose went through homelessness and a mental health crisis. Karen Meechan is the main reason why Christopher Liam Rose has developed persistence, resilience, and coping strategies to manage his mental health conditions and learning difficulties of Schizophrenia, Psychosis, Depression, Diabetes, and Dyslexia. Karen is my Spiritual Hero and has helped me to recover from my mental health conditions and learning difficulties. Karen taught Christopher Liam Rose about dealing with Past Trauma, setbacks, overcoming adversity, and life challenges. Karen was the first person that Christopher Liam Rose opened up about his past and trauma. On 30/09/2024 Christopher Liam Rose lost his home and all of his possessions in a fire that burned away everything that Christopher Liam Rose owned including possessions and music

equipment. Karen helped Christopher Liam Rose deal with the fire and past trauma he experienced and showed him the light in helping other people and giving back. Karen told Christopher Liam Rose to write in journals to process his life, feelings, emotions, dreams, and desires. Christopher Liam Rose has been writing in journals since 2015 – Present and how many journals of his past life and experiences within the journals. Christopher Liam Rose & Karen Meechan's professional relationship was from 2014 – 2020 when Karen Meechan supported Christopher Liam Rose in Psychological Therapy 2 times 1) Psychology & Counselling in 2014 2) Psychology & Counselling in 2018. Christopher Liam Rose has experienced serious life setbacks and challenges which Karen Meechan helped me to deal with. Because of Karen Meechan, I can live a normal life and I have recovered from mental health illness.

Dag Heward Mills (Teacher, Pastor, Evangelist) – Dag Heward Mills has been my spiritual Christian father and leader in my Christianity & Spirituality. I have been attending Dag Heward Mills church called Lighthouse Chapel International #LCI 2014 – present. Christopher Liam Rose respects and honors Dag Heward Mills for all of his teachings, sermons, videos, and audio that he has been learning from since 2014. Dag Heward Mills is one of the main reasons why Christopher Liam Rose has stayed in faith, Christianity, and Spirituality. I have become an Evangelist and Teacher in Christianity and Faith based on Dag Heward Mill's Teachings. I owe my Christian walk with God to Dag Heward Mills and I am very grateful to be a part of Dag Heward Mills church and congregation.

Jiddu Krishnamurti (Spiritual Teacher, Philosopher) – Jiddu Krishnamurti is a very special spiritual teacher and philosopher that helped me with Spirituality and faith. I discovered Jiddu Krishnamurti's Videos Series – A Wholly Different Way of Living with Dr Allan San Diego 1974 on YouTube when I was going through a mental health crisis and breaking up with my ex-partner. Because I watched Jiddu Krishnamurti videos talking about Spirituality, Meditation, Mindfulness, God, Faith, and Religion I started to become a Spiritual person and was practicing meditation and mindfulness. Jiddu Krishnamurti is the main reason why I have changed all of my life spiritually and become a very spiritual person. Jiddu Krishnamurti helped me to find Spirituality and God and I would have not been able to achieve Spiritually Freedom from the known without Jiddu Krishnamurti's teachings. I have a spiritual aura and spiritual presence because of the teachings of Jiddu Krishnamurti who is my spiritual teacher and spiritual philosopher.

Jesus Christ & God – This has become the most important thing in my life to learn and understand Jesus Christ & God. My faith, Spirituality, and Christianity are very important to me, and being with Jesus Christ & God makes me Spiritual. Being a Christian and learning about Spirituality and Christianity has become everything to me and more. My love and devotion for Jesus Christ and God is everything and that is why I can be an Evangelist and Teacher in Faith, Spirituality, and Christianity.

My spiritual hero is very important to me in my life story and journey, and they are all the reasons why I have become a spiritual person.

I want you to understand dear readers that you can become spiritual and live a meaningful productive life. My life has been very difficult and challenging but I would change any of my life experiences because they made me who I am today. The only things I would change about my life are the things I did to hurt other people like --ex-partners, family, and childhood abuse.

My life is not perfect by any means, but I have learned very important life lessons that I want to share in my life story. Please remember readers I am only a human being, and I am not perfect but I want you to feel inspired and hopeful about your future, and by reading my books you will find faith, Spirituality, and Christianity and become the person you want to be.

Christopher Liam Rose Books

1) Christopher Liam Rose Life Story (Part 1)

2) Be What You Want to Be

3) The 15 Successful Habits

4) Selfless

5) Anointing

6) Life Purpose

7) Helping Other People

8) Giving Without Receiving

9) Fulfillment

10) Learn

11) It Is Not the Problems That Make You Who You Are, It Is the Person You Become That Make You Who You Are

12) The Evangelism Ministry

13) Learning Is a Part of Living

14) The Self Is the Problem

15) I Don't Want

16) No Self

17) Miracles

18) Christopher Liam Rose Journal 2015 – 2016

19) (Living With Jesus Christ & God) - Christopher Liam Rose Journal 2016 -2017

20) Losing, Sacrificing, Suffering

21) Observation

22) Christopher Liam Rose Testimony

23) SGR BOOKS – Christopher Liam Rose Music Discography

24) Christopher Liam Rose Journal 2018 -2019

25) Christopher Liam Rose Life Story (Part 2)

26) Christopher Liam Rose Life Story (Biography)

27) Imperfection To Perfection (Repentation)

28) Christopher Liam Rose Journal 2019

29) SGR BOOKS – Christopher Liam Rose Music Discography (Instrumentals)

30) Losing Is Inevitable

31) Christopher Liam Rose Life Story (Part 3)

32) 4 Levels of Helping Other People

33) 4 Levels of Helping Other People (Complete Version)

34) Overcoming Adversity – Life Challenges – Life Problem #OALCLP

35) How To Overcome Suffering - #HTOS

Christopher Liam Rose Social Media Websites

Follow Christopher Liam Rose on social media

Facebook - https://www.facebook.com/christopherliamrose09

Twitter - https://x.com/ChrisRose091188

Instagram - https://www.instagram.com/christopherliamrose/?hl=en

LinkedIn - https://www.linkedin.com/in/christopherliamrose/

Pinterest - https://www.pinterest.co.uk/christopherliamrose/

Podcast Website - https://christopherliamroseministriespodcast.buzzsprout.com/

Podcast Website - https://sgrpodcast.buzzsprout.com/

Follow Christopher Liam Rose Music on social media

Spotify - https://open.spotify.com/artist/4DCTGknEGFngM7IJNIJODN?si=UOZ57GmdQki4hZ-xFdIsDg

Apple Music - https://music.apple.com/us/artist/christopher-liam-rose/1561501380

Amazon Music - https://music.amazon.co.uk/artists/B091NQRNNS/christopher-liam-rose

Soundcloud - https://soundcloud.com/christopherliamrose

Soundclick - https://www.soundclick.com/christopherliamrose

ReverbNation - https://www.reverbnation.com/christopherliamrose